Title of Project: Use of complementary medicine and therapies for the treatment of vaginal thrush

(FOR Code/s): 1104

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Location of Project: Campbelltown campus

Project Background

Recurrent vaginal thrush affects 5-8% of women of reproductive age. Symptoms can have a major impact on both women and their partners (Hong E, Dixit S et al. 2014). Conventional treatment can be expensive and provides little long term relief for women. In addition women may experience side effects from treatment. Due to the lack of effective treatment, women frequently turn to the use of complementary and alternative medicines including treatments such as yoghurt, lactobacillus supplements and tea tree oil (Watson CJ, Pirotta M et al. 2012). A recent study indicated 64% of women have previously used a complementary medicine (Nyirjesy P, Robinson J et al. 2011). However, there is a lack of research describing the effectiveness and safety of these therapies. Further research regarding the use and effectiveness of these therapies is needed.

Aim of Study:

1. To undertake a systematic review of the Complementary Medicine literature regarding its application to treat vaginal thrush.
2. To examine women’s interest to participate in a clinical study.

Methods:

The study will involve:

1) Review of the literature relating to complementary medicines and vaginal thrush. The literature will be systematically searched to identify key articles. This data will be extracted and the literature synthesised.
2) Women with a history of thrush will be recruited from the community to participate in a study to explore their experience of managing heart disease, and to their views about engaging in a trial of a complementary medicine. A questionnaire and interview will be undertaken with a small sample of women to explore areas of the survey in greater detail.

Ethics Application Requirements:

Ethics approval will be sought.

Key References:
